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Review Article

Clinical Perspectives: Levocetirizine Therapy for Allergic Respiratory Disorders

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Abstract

Allergic respiratory disorders (ARDs), which encompass conditions such as allergic rhinitis and asthma, significantly impact the global population, leading to substantial impairments in patients' quality of life. The rising incidence of ARDs necessitates effective and safe therapeutic interventions. Levocetirizine, a second-generation antihistamine, has emerged as a promising option. Expert opinions from renowned healthcare professionals emphasize the 24 h relief, improved work productivity, and patient compliance offered by levocetirizine. In addition, real-world data underscores the economic viability and long-term benefits of levocetirizine.

Key words: Allergic respiratory disorders, Levocetirizine, Asthma, Allergic rhinitis

INTROTUCTION

Respiratory allergies and allergic respiratory disorders (ARDs) are usually triggered by immunoglobulin E antibody secretion in response to airborne allergens, which further leads to inflammation in the upper or lower airway or respiratory tract.[1]

ARDs rank among the most common types of allergies globally, with a rising incidence noted recently affecting approximately 10–30% of the population.[2] Allergic rhinitis (AR) and asthma are among the most common respiratory-allergic disorders.[1,3] The prevalence of AR and asthma in the Indian population ranges from 20% to 30% and 2% to 23%, respectively.[1,4]

Common symptoms of asthma include cough, wheezing, breathlessness, and chest tightness, whereas AR is characterized by nasal obstruction, postnasal drip, and an itchy nose, sometimes accompanied by itchy, red, or watery eyes.[1]

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These symptoms associated with ARDs significantly impact the quality of life of patients, adversely affecting their physical, psychological, and social well-being.[5-7]

Antihistamines and leukotriene inhibitors are among the common treatments used to treat ARDs. They are usually administered orally or intranasally.[8] Levocetirizine, a second-generation antihistamine, is widely used for AR.[9] It is safe, well tolerated, and approved by the FDA to treat patients with ARDs.[9-11]

LEVOCETIRIZINE: MECHANISM OF ACTION FOR TREATING ALLERGIC RESPIRATORY DISEASES

Levocetirizine targets specific allergic pathways to provide complementary actions for treating ARDs.[12,13] Levocetirizine is widely used to alleviate the early-phase symptoms of AR.[12]

Levocetirizine selectively antagonizes H1 histamine receptors [Figure 1]. Histamine is a chemical released in the body during an allergic reaction that interacts with

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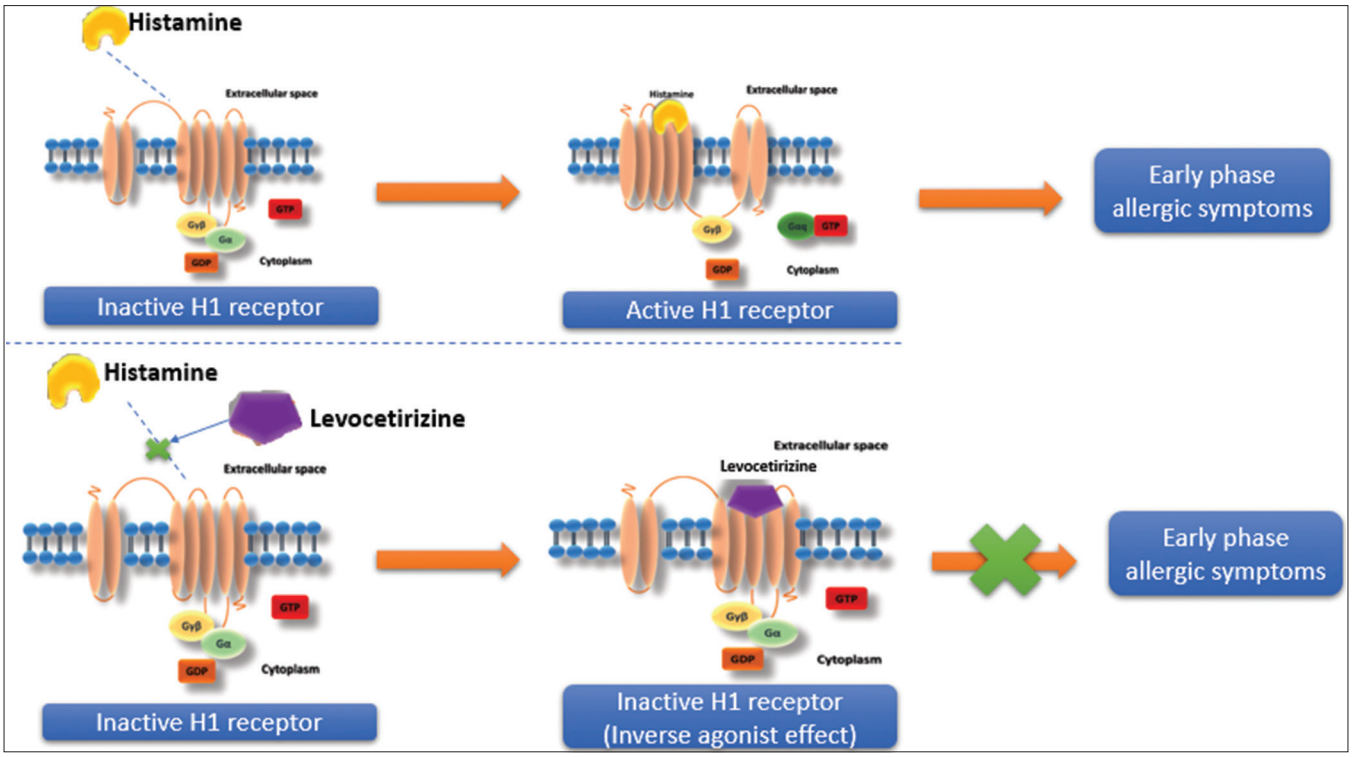

Figure 1: Mechanism of antihistamine action of levocetirizine - Adapted from Mandola A *et al.* 2019[12-14]

histamine receptors present on the nerves, glands, and blood vessels of the nose. It is responsible for typical allergy symptoms such as sneezing, itching, and a runny nose and may also lead to nasal congestion. Levocetirizine blocks H1 receptors, preventing histamine from binding to them, and thus helps in relieving these symptoms.[12,13]

CLINICAL EVIDENCE FOR THE EFFICACY OF LEVOCETIRIZINE IN THE TREATMENT OF ALLERGIC RESPIRATORY DISEASES

Levocetirizine has emerged as an effective therapeutic option for ARDs. Clinical studies have consistently demonstrated the superiority of this combination therapy over individual treatments.

A prospective study on patients with AR evaluated the efficacy of once-daily (before sleep) administration of levocetirizine (5 mg or 10 mg). The dose effectively controlled AR symptoms for 24 h without affecting daytime activities or sleepiness, thereby enhancing patient quality of life.[15]

In a study conducted on patients diagnosed with AR with or without asthma, a once-daily dose of 5 mg levocetirizine was shown to significantly reduce symptoms starting from the second week while ensuring improved quality of life, with fewer patients needing rescue medications. Nasal inflammation markers were also decreased in the levocetirizine group.[16]

Another study conducted for 6 months on patients with persistent AR showed a significant improvement in health-related quality of life and overall health status.[17]

In addition, levocetirizine was shown to have more sustained activity at 24 h than fexofenadine (an antihistamine used for the treatment of respiratory allergies).[18] Furthermore, several clinical studies have indicated higher (or comparable) efficacy and a longer or sustained duration of action of levocetirizine than fexofenadine in treating patients with RA.[19-21]

While levocetirizine has been shown to be safe and effective in clinical trials, it is essential to evaluate its impact in real-world medical practice to treat ARDs. Hence, we conducted an expert opinion with the intent of knowing about their views on this combination and collated their responses for a better understanding of the use of this combination in medical practice.

EXPERT OPINION

Dr. Vikas Kulkarni, MS (ENT), Shri ENT Hospital, Islampur

The efficacy of levocetirizine in managing AR and other respiratory allergies is excellent, and its 10 mg dose is well tolerated. When compared with other antihistamines, such as fexofenadine and bilastine, levocetirizine stands out due

to its good efficacy. The OD dosing of levocetirizine offers 24 h relief, whereas sometimes a BID dose is required for bilastine and fexofenadine. In terms of 24 h long-lasting allergy relief, both levocetirizine and fexofenadine can be rated 5 on a scale of 1–5. Levocetirizine is very safe and does not interact with other antibiotic drugs or foods. The patients exhibited excellent treatment compliance with levocetirizine. Additionally, daily dosing of levocetirizine significantly improves the work productivity and activity impairment index (WPAI), enhancing patients' ability to perform daily activities and work effectively. On the basis of the overall clinical experience, levocetirizine is a good and well-tolerated option, providing safe, greater duration, or 24 h relief for patients.

Dr. Raja Rajan, MS (ENT), DNB, Tamil Nadu

Levocetirizine demonstrates good efficacy in treating AR and other respiratory allergies, particularly when used in combination with montelukast. In comparison with other antihistamines, such as fexofenadine and bilastine, levocetirizine has a modest sedative effect. It offers significant 24 h long-lasting allergy relief, rated at 4 on a scale of 1–5. Levocetirizine also exhibits a good safety profile and tolerability. In addition, its impact on WPAI is significant, indicating an improvement in patients' day-to-day activities and productivity, especially in the workplace. Overall, the clinical experience with levocetirizine, particularly when combined with montelukast, was positive.

Dr. Amit Pal Singh, MBBS, MS (ENT), DNB, Upasana ENT, Skin and Laser Clinic, Delhi

Levocetirizine is the most effective anti-allergic medication for AR. In comparison to other antihistamines such as fexofenadine and bilastine, levocetirizine is much more effective and offers several clinical benefits, such as longer activity, greater efficacy, administration as a single dose, unlike bilastine, and no association with food. Levocetirizine exhibits excellent (5/5) 24 h long-lasting allergy relief compared with fexofenadine (3/5). It is effective and has no dangerous side effects. Patients show excellent compliance with levocetirizine treatment for respiratory allergies. It significantly improves WPAI, enhancing both work productivity and daily activities. Based on 8 years of clinical experience, levocetirizine is quite effective and a good treatment modality for allergic patients.

Dr. Harsimran Tuli, MS (ENT), Simran ENT Center, Patiyala, Punjab

Levocetirizine is the most effective and safe drug for treating AR and ARDs. It is superior to other antihistamines, such as fexofenadine and bilastine. It has long-lasting action and is more effective. Levocetirizine exhibits excellent (5/5) 24 h long-lasting allergy relief compared with fexofenadine (3/5). It is always a preferred safe drug, and because of its efficacy, it has better compliance among patients. It significantly improves patients' WPAI and is highly preferred.

Dr. Biju Rajasenan, MBBS, DLO, Saji Hospital, Kilimanoor

Levocetirizine is highly effective in the management of AR and other respiratory allergies. It is effective in comparison with other antihistamines such as fexofenadine and bilastine. One of its notable advantages lies in its affordability and effectiveness, making it a preferred choice for many patients. In terms of 24 h long-lasting allergy relief, both levocetirizine and fexofenadine can be rated 5, indicating their excellent performance in providing prolonged relief from allergy symptoms. In addition, levocetirizine exhibits an excellent safety profile and high tolerability, making it a reliable option for patients with respiratory allergies. It is also perceived as very safe concerning treatment compliance in patients. Importantly, it significantly improves the WPAI, enhancing patients' daily activities and work productivity. Based on the overall clinical experience, levocetirizine is highly effective and has higher patient compliance.

Dr. Ramesh Kumar R, MS (ENT), Ramesh ENT and Skin Care, Namakkal

The efficacy of levocetirizine for AR and other respiratory allergies is excellent. It is superior to other antihistamines, such as fexofenadine and blasting, in terms of efficacy. Levocetirizine provides immediate relief and is efficient, offering 24 h long-lasting allergy relief that can be rated at 5, whereas fexofenadine's 24 h relief can be rated at 1 on a scale of 1–5 (1 being poor and 5 being excellent). Levocetirizine exhibits good safety and tolerability. In addition, levocetirizine demonstrated positive effects on treatment compliance in patients with respiratory allergies. The impact of once-daily levocetirizine treatment on WPAI is significant, leading to improvements in work productivity, health, and daily activities. I have been using levocetirizine for more than 15 years, and the experience has been good overall.

Dr. Manoj Mathew, MBBS, MS, DLO, DNB, Aster Mims Calicut

Levocetirizine exhibits very good efficacy in managing AR and other respiratory allergies. It is more effective than fexofenadine and blasting and highly potent than other antihistamines. In terms of providing 24 h long-lasting allergy relief, levocetirizine can be rated 4 out of 5, which is notably higher than fexofenadine's rating of 2 out of 5. Moreover, levocetirizine has a good safety profile, tolerability, and patient treatment compliance, making it a favorable choice for patients with respiratory allergies. Once-daily levocetirizine treatment significantly improves WPAI, indicating its effectiveness in enhancing patients' daily activities, health, and work productivity. Overall clinical experience has shown levocetirizine to

be a potent and effective option for managing AR and respiratory allergies.

Dr. C.R.K. Balaji, MBBS, MS (ENT), Chennai

Levocetirizine is considered effective in treating AR and other respiratory allergies, particularly when used in combination with montelukast. In comparison with other antihistamines, such as fexofenadine and bilastine, levocetirizine is moderately sedative. It can be rated as providing good 24 h long-lasting allergy relief, scoring 4 out of 5 on the scale, which is higher than that of fexofenadine, which can score 3 out of 5. Levocetirizine demonstrates good efficacy when combined with montelukast, and it also plays a role in treating depression and anxiety because of its sedative properties. It exhibits good safety, tolerability, and patient treatment compliance while having a positive impact on WPAI when administered as a night dose, significantly improving health, daily activity, and work productivity. Overall, the clinical experience with levocetirizine is positive, especially when used in combination with montelukast, in managing AR and respiratory allergies.

Dr. Jawad Ahmed, MBBS, DLO, MS (ENT), Jawad ENT Clinic, Bengaluru, Karnataka

Levocetirizine is good as compared to other antihistamines and better than fexofenadine and bilastine in treating ARDs. It's long-acting and lasting effect is a clinical advantage for the patients. On a scale of 1–5 for 24 h long-lasting allergy relief, levocetirizine and fexofenadine can be rated 4 and 3, respectively. It is safe and well tolerated, as well as having effective treatment compliance. It helps to improve the WPAI of the patients significantly. Based on my clinical experience, levocetirizine is a safe and effective antihistamine as compared to other antihistamines.

Dr. Santosh Pati, MBBS, MS (ENT), Kar Clinic and Hospital, BBSR

Levocetirizine is a good drug for AR and other respiratory allergies. When compared with other antihistamines, such as fexofenadine and bilastine, levocetirizine is viewed as very effective. It offers clinical benefits, such as being less sedative. On a scale of 1–5 for 24 h long-lasting allergy relief, both levocetirizine and fexofenadine can be rated 5 (excellent). Levocetirizine also boasts an excellent safety profile and tolerability, making it a preferred choice for patients with respiratory allergies. In addition, levocetirizine demonstrates excellent treatment compliance. It significantly improves WPAI when administered once a day. Overall, the clinical experience with levocetirizine has been excellent.

Dr. Syama Mukhopadhyay, MBBS, DLO, Personal Clinic, Krishnanagar, West Bengal

The efficacy of levocetirizine in AR or other respiratory allergies is good, even when compared with other antihistamines such as fexofenadine and bilastine. The clinical benefits or advantages of levocetirizine over other antihistamines include a high spectrum of antihistamine effects. On a scale of 1–5, the 24 h long-lasting allergy relief provided by levocetirizine was rated 5, indicating the best relief. On the same scale, the 24 h long-lasting allergy relief provided by fexofenadine was rated slightly lower, i.e., 4. Levocetirizine is considered safe, but it has a high sedative effect that reduces patient compliance. Once-daily levocetirizine treatment usually worsens WPAI. The overall clinical experience with levocetirizine is positive, as it has excellent action that is better than that of other antihistamines.

Dr. Kazi Rahaman, MBBS, MS (ENT), Arambagh ENT Clinic, Arambagh, West Bengal

Levocetirizine is the most potent and efficient drug for rapid symptom control of AR and other respiratory allergies. Its efficacy is better than that of fexofenadine and bilastine. The clinical advantage of levocetirizine over other antihistamines is its rapid symptom control efficacy and sustained, long-lasting antihistaminic effects. On a scale of 1–5 for long-lasting relief in allergy symptoms, levocetirizine can be rated 5/5, which is higher than fexofenadine, which could be rated 4/5. Levocetirizine is a safe drug with good tolerability and can be used for a long time. In my opinion, treatment compliance in patients with respiratory allergies to levocetirizine is good. The overall clinical experience with levocetirizine has been very satisfactory, and it is an essential drug for day-to-day practice.

Dr. Balaji Padmanbhan, MBBS, DLO, Subash ENT Clinic, Ranipet, Tamil Nadu

Levocetirizine is considered excellent in its efficacy for AR and other respiratory allergies. Compared with other antihistamines, such as fexofenadine and bilastine, levocetirizine increases drowsiness, whereas fexofenadine leads to comparatively less drowsiness. Levocetirizine offers clinical benefits by improving patient quality of life. On a scale of 1–5, levocetirizine and fexofenadine can be rated 5 for their excellent 24 h long-lasting allergy relief ability. Levocetirizine is safe and well tolerated. It shows good treatment compliance in patients with respiratory allergies. Once daily, levocetirizine treatment significantly improves WPAI. The overall clinical experience with levocetirizine was excellent.

Dr. V Selvam, MS (ENT), DLO, TMF Hospital, Tirupur

Levocetirizine has excellent efficacy in the management of AR and other respiratory allergies. When compared with other antihistamines, such as fexofenadine and bilastine, levocetirizine is highly effective. It provides excellent symptom control and a better quality of life for patients. On a scale of 1 to 5, levocetirizine was rated 4 for its

24 h long-lasting allergy relief, indicating a high level of effectiveness. In comparison, fexofenadine is rated 3 for its 24 h long-lasting allergy relief. Levocetirizine has a relatively safe profile and good tolerability. It also promotes good compliance among patients with respiratory allergies. Once-daily levocetirizine dosing has been shown to significantly improve WPAI. Overall, the clinical experience with levocetirizine has been excellent.

Dr. Kala P, MBBS, DLO, ENT Speciality Clinic, Mumbai

Levocetirizine is one of the best antiallergic medications, especially for the treatment of AR and other respiratory allergies. Its efficacy is comparable to that of bilastine and superior to that of fexofenadine. Levocetirizine offers clinical benefits such as a once-daily dosage and mild sedative effects, making it convenient for patients. On a scale of 1–5 for 24 h long-lasting allergy relief, levocetirizine can be rated 5, indicating excellent efficacy. In comparison, fexofenadine can be rated 4 on the same scale. Levocetirizine is safe to use and well tolerated by patients. In addition, its impact on WPAI is significant. Based on my clinical experience, levocetirizine is safe to use, compliant, and has better efficacy for patients with respiratory allergies.

Dr. Arunagiri, MBBS, DLO, A.S. ENT Speciality Center, Padupottai, Tamil Nadu

Levocetirizine is most effective in treating AR. It is better than other antihistamines, such as fexofenadine and bilastine. It is safe and exhibits immediate effect. On a scale of 1–5 for 24 h long-lasting allergy relief, levocetirizine can be rated 3, indicating good efficacy. In comparison, fexofenadine can be rated 2 on the same scale. Levocetirizine is my preferred treatment in ARDs, and it significantly improves patients' WPAI. It is a safe and immediate-effect antihistamine.

Dr. Atul Vaykole, MS (ENT), DORL, Municipal ENT Hospital, Mumbai

Levocetirizine is the drug of choice for treating AR or other respiratory allergies because of its efficacy. In my opinion, it is the best and most trustworthy antihistamine, even when compared with other options such as fexofenadine and bilastine. Levocetirizine provides excellent 24 h long-lasting allergy relief, which can be scored as 5 on a scale of 1–5. Fexofenadine, on the other hand, offers substantial relief and can be rated 4 on the same scale. Levocetirizine is very safe and highly effective in ensuring treatment compliance among patients with respiratory allergies. Levocetirizine has no impact on WPAI, indicating that it does not have any impact on absenteeism, work productivity, or regular daily activities. Overall, my clinical experience with levocetirizine has been good, making it my preferred antiallergic medication.

Dr. Seemab Khan, MBBS, DLO, DORL, FCPS, DNB (ENT), Dr. Seemab's ENT Clinic, Navi Mumbai

Levocetirizine is one of the most effective lines of treatment for AR and asthma, with minimal side effects. It has better efficacy than other antihistamines such as fexofenadine and bilastine, which gives it a clinical advantage for patients with allergic respiratory diseases. Levocetirizine provides outstanding 24 h allergy relief and is rated 5 out of 5. Fexofenadine offers substantial relief, rated 4 out of 5. Levocetirizine causes sedation in selective patients, and daytime drowsiness can hamper the routine activities of patients. Drinking alcohol is not advisable for patients consuming levocetirizine. Overall, the drug has better patient compliance with the treatment. It also leads to a significant improvement in WPAI. On the basis of my clinical experience, I consider levocetirizine an excellent and effective medicine for AR.

Dr. Senthil Ganesh, MS (ENT), Abhi Clinic, Kovilpatti, Tamil Nadu

Levocetirizine is the first choice of drug in my practice for AR and other respiratory allergies. It has better efficacy than other antihistamine drugs, such as fexofenadine and bilastine. The clinical advantage of using levocetirizine is its OD dosage and safety in children, adults, and pregnant women. The 24 h long-lasting allergy relief provided by levocetirizine can be rated as 4 out of 5, which is higher than that provided by fexofenadine, which can be rated as 2 out of 5. Levocetirizine is very safe for children and has no interactions with other drugs. It is highly recommended to my patients because it is an OD dosage and can be taken before or after meals. No impact on WPAI has been noticed with the use of levocetirizine to date. Based on my clinical experience, I can say that levocetirizine is the best and safest antihistamine for all patients with AR and respiratory allergies.

Dr. O. G. Nikhilesh, MBBS, ENT, OKS Clinic, Madurai, Tamil Nadu

Levocetirizine is my first choice of drug for treating AR or other respiratory allergies. It has better efficacy than other antihistamines, such as fexofenadine and bilastine. Its once-daily dosage and safety in children give it a better clinical advantage than other antihistamines. Levocetirizine provides superb 24 h long-lasting allergy relief that can be scored as 4 out of 5, which is higher than the satisfactory relief provided by fexofenadine, which can be scored as 2 out of 5. It is safe, has no drug reactions, and is highly recommended to my patients because of its safety and OD dosage. However, it has not shown any impact on the WPAI of the patients. Based on my overall clinical experience, levocetirizine is the best and safest drug for the treatment of allergic respiratory diseases.

Dr. Rajesh Rane, MS (ENT), Swar Hospital, Vadodara, Gujarat
Levocetirizine is the most effective antihistamine for AR. Its onset and duration of action are better than those of fexofenadine and bilastine. Levocetirizine provides symptom control for 24 h. Its 24 h long-lasting allergy relief can be rated 5 out of 5, which is excellent compared with that of fexofenadine, which can be rated 2 out of 5. Levocetirizine is safe even in long-term use and is also very well tolerated among patients. Levocetirizine offers OD dose compliance and is safe to prescribe with other medications. This leads to a significant improvement in the WPAI of the patients. Based on my clinical experience, levocetirizine is the most efficacious, safe, and well-tolerated antihistamine.

Dr. Hemant Shah, MS (ENT), Parth Hospital, Vadodara, Gujarat
Levocetirizine has excellent results in the treatment of AR and other respiratory allergies. It has better efficacy than fexofenadine and bilastine. Levocetirizine provides superb 24 h long-lasting allergy relief that can be scored as 5 out of 5, which is higher than the satisfactory relief provided by fexofenadine, which can be scored as 3 out of 5. Levocetirizine is well tolerated, safe, has good treatment compliance, and significantly improves the WPAI of patients. During my clinical practice, I found it to be one of the best and most cost-effective antihistamines with desirable effects.

Dr. Dinesh S, Dr. Rudrappa's Hospital, Bangalore, Karnataka
Levocetirizine is very safe and effective in the treatment of AR and other ARDs. It has better patient compliance than other antihistamines such as fexofenadine and bilastine. Levocetirizine provides a good 24 h long-lasting allergy relief that can be scored as 3 out of 5, which is similar to fexofenadine. It significantly improves patients' WPAI. In my clinical experience, I find it a safe drug.

Dr. Rakesh Rawat, MS (ENT), Rawat Hospital, Bikaner, Rajasthan
In my opinion, levocetirizine is a highly effective drug for the treatment of AR or other respiratory allergies. It exhibits very good efficacy compared with other antihistamines, such as fexofenadine and bilastine. Its high efficacy and cost-effectiveness are major clinical benefits for patients. On a scale of 1–5 (1 being the worst and 5 being the best), levocetirizine can be rated 5 and fexofenadine 4 for their 24 h long-lasting allergy relief ability. It is a highly preferable drug because of its safety and tolerability, good compliance, and significant improvement in WPAI among patients.

Dr. J. Vinaignan, MBBS, DLO, Soorya Hospital, Chennai, Tamil Nadu
Levocetirizine has good efficacy in treating AR or other ARDs, even better than other antihistamines such as fexofenadine and bilastine. It has a better safety profile and is well tolerated among patients. The 24 h long-lasting relief provided by both levocetirizine and fexofenadine can be rated 4 on a scale of 1–5 (1 being the worst and 5 being excellent). In patients with ARDs, levocetirizine shows better treatment compliance while significantly improving WPAI.

Dr. Amjad Khan, MBBS, MS, ATG Hospital, Hyderabad, Telangana
Levocetirizine has superior efficacy at 24 h compared with other antihistamines; for instance, desloratadine works for only 6–12 h. Levocetirizine has higher efficacy than other antihistamines such as fexofenadine and bilastine. It provides 24 h of long-lasting relief to AR patients, for which it can be rated 5 on a scale of 1–5 (1 being the worst and 5 being excellent). On the same scale, fexofenadine is rated 3. Levocetirizine is a B-category drug. Moreover, it has higher tolerability. It is the first-line treatment for mild AR associated with other comorbidities. It significantly improves the WPAI of patients. During my clinical practice, I found that levocetirizine has superior efficacy and a long-lasting effect compared with other antihistamines. Furthermore, it does not have any drug interactions.

Dr. Akash Juneja, MBBS, MS (ENT), ENT Clinic, Sainik Vihar, Pitampura, Delhi
Levocetirizine is a highly effective drug for treating ARDs, even when compared with other antihistamines such as fexofenadine and bilastine. Its clinical advantages include better compliance, cost effectiveness, and efficacy. For its 24 h long-lasting relief to patients with AR, levocetirizine can be rated 5 on a scale of 1–5 (1 being the worst and 5 being excellent). On the same scale, fexofenadine is rated 3. It is well tolerated, safe, and does not require dose adjustment in renal, cardiac, or hepatic patients. It significantly improves WPAI among patients. In my 20 years of experience, I am highly satisfied with ARD treatment using levocetirizine.

Dr. Naresh Nomula, MBBS, MS, ENT (Osm), Dr. Naresh's ENT Clinic, Hyderabad, Telangana
Levocetirizine has very good efficacy in treating ARDs, even when compared with other antihistamines such as fexofenadine and bilastine. Along with better patient compliance, levocetirizine provides excellent 24 h long-lasting relief that can be scored a 5 out of 5, which is higher than fexofenadine, which can be scored a 4 out of 5. Along with good safety and tolerability, levocetirizine also significantly improves the WPAI of patients. My clinical experience with the use of levocetirizine in treating ARDs has been good.

Dr. Richard Narjinary, MBBS, DLO, ENT, and Head and Neck Surgeon, Medimart, Siliguri, West Bengal
Levocetirizine is a drug of choice for treating AR, with the fastest onset of action and a very good response as compared to antihistamines such as bilastine. It is one of

the safest drugs and has no interactions with food or other drugs. In terms of 24 h long-lasting relief, levocetirizine can be rated 4 and fexofenadine as 3 on a scale of 1–5 (1 being the worst and 5 being excellent). Some patients do experience more drowsiness with levocetirizine treatment, but patient treatment compliance is excellent with this drug. It also improves the WPAI of ARD patients significantly. During my clinical experience, I found levocetirizine to have excellent efficacy, tolerability, and safety.

Dr. Lakshmi Narasimha Rao, P, MS (ENT)

Levocetirizine has superior efficacy at 24 h as compared to that of other antihistamines (fexofenadine, bilastine, etc.) that work for only 6–12 h. It provides 24 h of long-lasting relief to patients with AR, for which it can be rated 5, which is better than fexofenadine, which can be rated 3 on a scale of 1–5 (1 being the worst and 5 being excellent). Levocetirizine is a B-category drug. Moreover, it has higher tolerability. It is the first-line treatment for mild AR associated with other comorbidities. It significantly improves the WPAI of patients. During my clinical practice, I found that levocetirizine has superior efficacy compared with other antihistamines and does not have any drug interactions.

Dr. Avinava Ghosh, MBBS, MS (ENT)

Levocetirizine is a good, time-tested product for treating ARDs. Its efficacy is comparable to that of antihistamines such as fexofenadine and bilastine. Both levocetirizine and fexofenadine exhibit excellent 24 h long-lasting relief in patients with AR. Levocetirizine has good safety, tolerability, and patient treatment compliance. It significantly improves the WPAI of patients. During my clinical experience, I found it to be a time-tested product with a better advantage.

Dr. P.V.S. Kumara Raja, MS (ENT)

Levocetirizine has excellent efficacy in treating ARDs, which is superior to other antihistamines such as fexofenadine and bilastine. It is much safer and more reliable. Levocetirizine provides excellent 24 h long-lasting relief that can be scored a 5 out of 5, which is higher than fexofenadine, which can be scored a 3 out of 5. Along with excellent safety and tolerability, levocetirizine also has good patient treatment compliance and significantly improves the WPAI of patients. My clinical experience with the use of levocetirizine has been good. However, sometimes patients complain about drowsiness, which can be tackled by prescribing the drug late in the evening (at around 7-PM).

Dr. Vikrant Rai, MBBS, MS (ENT Surgeon)

Levocetirizine is very effective in treating AR. It has more efficacy than antihistamines such as fexofenadine and bilastine. Levocetirizine provides excellent 24 h long-lasting relief that can be scored a 5 out of 5, which is higher than fexofenadine, which can be scored a 4 out of 5. It has a good safety profile and tolerability; however, patients complain about drowsiness after consuming levocetirizine. It has good patient compliance. Levocetirizine also has good patient treatment compliance and significantly improves the WPAI of the patients. In clinical practice, levocetirizine is the drug of choice in patients with AR.

Dr. Firosa Farveen, MBBS, DLO

Levocetirizine has good efficacy in treating AR and ARDs. It has better efficacy than antihistamines such as fexofenadine and bilastine. It has good efficacy along with a sedative effect. Levocetirizine provides good 24 h long-lasting relief that can be scored 4 out of 5, which is similar to fexofenadine. Along with good safety and tolerability, levocetirizine also has good patient treatment compliance and significantly improves the WPAI of patients. The overall clinical experience with levocetirizine is good.

Dr. Harika Surapaneni, MBBS, MS (ENT)

Levocetirizine is effective in treating AR and ARDs. It is more sedative than antihistamines such as fexofenadine and bilastine. It is cost-effective as compared with other antihistamines. Levocetirizine provides excellent 24 h long-lasting relief that can be scored a 5 out of 5, which is similar to fexofenadine (1 being the worst and 5 being excellent). Levocetirizine is the safest drug with better tolerability. Levocetirizine also has good patient treatment compliance and significantly improves the WPAI of patients. Overall, levocetirizine is safe and effective.

Dr. F.M. Noori, MBBS, MS

Levocetirizine is good for AR and has good efficacy in treating nasal congestion with allergies. It has very good efficacy compared with other antihistamines, such as fexofenadine and bilastine. Along with good clinical advantage, levocetirizine provides good 24 h long-lasting relief that can be scored 4 out of 5, which is higher than fexofenadine, which can be scored 3 out of 5 (1 being the worst and 5 being excellent). It has good safety, tolerability, and patient compliance among patients with ARD. It significantly improves WPAI, and I had a superb clinical experience with levocetirizine.

CONCLUSION

Allergic respiratory diseases (ARDs), which include ailments such as allergic rhinitis and asthma, have a huge global impact, resulting in considerable impairments in patients' quality of life. The increasing prevalence of ARDs needs the development of effective and safe therapeutic strategies. levocetirizine, a second-generation antihistamine,

has emerged as a viable new treatment option. According to respected healthcare practitioners, the 24-hour relief of Levocetirizine increases job productivity and improves patient compliance. Furthermore, the economic viability and long-term viability are well-known advantages of levocetirizine.

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